

the Wave Writer

Sunday, September 19, 2010

OPENING CEREMONIES TONIGHT!

By Anthony Hardman, Public Affairs Specialist, Office of National Programs and Special Events



Come one, come all to tonight's Opening Ceremonies at San Diego's famous SeaWorld! If you've never been, SeaWorld takes you on a one-of-a-kind journey to the wonders that exist beyond the ocean's door. Transportation will be available to take everyone to SeaWorld this afternoon, with buses loading at 1:30 p.m. You have from 3 until 6:30 p.m. to take in all the sights. Seating for the Opening Ceremonies begins at 6:45 p.m. at the Nautilus Pavilion. There, you will enjoy a great dinner beginning at 7 p.m., followed by the formal Opening Ceremonies program.

Our emcee this evening is Bob Lawrence, a television journalist at San Diego's *KGTV (ABC) Channel 10*. Country music sensation Barry Michael will sing the National Anthem, and U.S. Congressman Bob Filner will also be there to welcome our participants, along with host VA Medical Center Director Stanley Johnson. Roger Baker, assistant secretary for information and technology and Laura O'Grady, VA's deputy assistant under secretary for clinical and organizational support, will provide remarks on behalf of VA.

A special feature of the ceremony is the presentation of guidons to a representative from all ten of our teams. In the military, a guidon is a great source of pride for a unit. In keeping with this tradition, each team will be

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Staying Healthy . . .

With the sun still hot in September, the temperature is up and exercising in the heat under the hot sun puts extra stress on your body. Don't overexert yourself too quickly, and give your body time to get used to the heat and humidity. This gradual increase helps you adapt to the conditions. You are an athlete, so make sure you dress like one. Wear smart fabrics or lightweight, loose fitting clothes and drink lots of water.

As much as possible, avoid overexposure in the mid-day sun. Sunburn decreases your body's natural ability to cool down. The sun is strongest from about 11 a.m. until 2 or 3 p.m., and this is when you are most likely to get burned. When you are out in the sun, wear sunscreen with an SPF rating of 30 or more that offers both UVA and UVB protection, and wear light colored clothing. Try to stay in the shade as much as possible. As always, keep drinking lots of water.

Eat small meals often, and avoid foods high in protein. Protein increases your body's metabolism, and therefore increases the amount of heat generated by the process of turning that food into energy for your body.

If you follow this simple advice, you should enjoy your week here in sunny southern California at the National Veterans Summer Sports Clinic.



Share Your Story

While you are battling the waves and learning how to surf, or perhaps riding a handcycle around the San Diego streets, your public affairs team will be working hard at the Summer Sports Clinic media center and also with each team.

The public affairs team is here to help tell your stories to the media and to your communities. We will be working with members of the print and broadcast media to publicize this event and let other Veterans know about it. We will also prepare individual news releases for anyone who requested one and will add them to the event's Web site. (Look under

"participant information.") We hope to have the releases posted by Tuesday or Wednesday. Our ace photography team will be taking pictures of everyone as well, and you will see them at all of the venues. The photos should appear on the Web site by the end of the week. In addition to working with media and our hometown news activities, we will also be updating the Web site, working on our daily newsletter,

The WaveWriter, and helping with the ceremonies during the week.

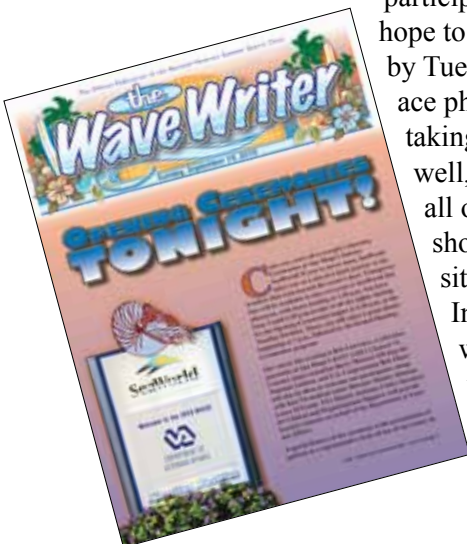
Take a moment out of this action-packed week to share your story with the local and national media who are here for the 3rd

National Veterans Summer Sports Clinic. They are here to share the many heroic and inspiring stories each of you have. By sharing your experiences, you have the chance to shine in the eyes of the American public and also reach out to other injured Veterans who may not be aware of rehabilitation events like this one. You just might inspire them to expand their own capabilities.

Public affairs staff members are assigned to each team to get to know all of you, help coordinate interviews with the media and gather ideas for newsletter stories. Please take the time to share your activities with them.

The WaveWriter is also a valuable source for feature stories and other important information such as a schedule of activities, transportation and special events taking place during the week.

So get ready for the star treatment as reporters and the public affairs team take the place of the paparazzi by taking pictures and scooping out the best stories of the week – yours!



Welcome from VASDHS Director

It is my pleasure to welcome all of you to the National Veterans Summer Sports Clinic. We, here at the VA San Diego Healthcare System, are honored to host this very special event for the third consecutive year, and we are glad you made the decision to participate and to begin *Setting YOUR Course for the Future*. We hope you find this a truly rewarding experience.

We have designed this Clinic specifically for Veterans who have recently sustained injuries, and I commend each of you on your commitment and dedication to your own rehabilitation. This week's events offer challenge, camaraderie, education and experiences to last a lifetime. You will be able to surf, sail, kayak and participate in other summer sports geared to help you on your road to recovery.

I would like to acknowledge and thank the Department of Veterans Affairs and the VA San Diego Healthcare System staff, in particular, for their hard work and commitment to making this Clinic a success. I would also like to recognize and thank our founding sponsors – Veterans Canteen Service and Help Hospitalized Veterans – for all of their contributions. Without their support, we would not have had the resources to bring it all together.

We sincerely hope this Clinic broadens your horizon and opens a new realm of possibilities. And remember, with a little knowledge and enough determination, you can do anything you set your mind to. So, get out there and see just what you are capable of accomplishing!



Stan Johnson, FACHE
Director, VA San Diego Healthcare System

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presented its own guidon. They will carry their guidon every day to the events, displaying it with pride. At the end of each day before leaving the venue, teams will be presented with an "event streamer" to signify completion of that event. At the end of the week, each team's guidon will be decorated with the five event streamers. The guidons will be presented tonight by representatives of the Clinic's founding sponsors – Help Hospitalized Veterans and Veterans Canteen Service.

After the formal ceremony concludes, it's time to visit Shamu for a special show. The original Shamu was the fourth killer whale (orca) ever captured. She was the first orca to survive more than 13 months in captivity and was the star of a very popular killer whale show at SeaWorld San Diego in the mid 1960s. After her death in 1971, the name Shamu continued to be used in SeaWorld "Shamu" orca shows for different killer whales in different SeaWorld parks.

Tonight is just the beginning of a great week in San Diego. So have fun and enjoy this complimentary trip to SeaWorld!



Tonight's Speakers



Roger Baker
Assistant Secretary for Information and Technology

Laura T. O'Grady,
R.N., M.S.N.
Assistant Deputy Under Secretary for Health for Clinical and Organizational Support



Schedule of Today's Events

Sunday, September 19

am
8
9
10
11
12
1
2
3
4
5
6
7
8
9
pm

**Registration
for Participants**
Marina Ballroom D,
South Tower Level 3
8 a.m. - noon

**Registration
for Sponsors**
Pacific Room,
South Tower Level 1
9 a.m. - 1 p.m.

Mandatory Meeting Lead National Staff - 9 - 10:30 a.m.
Mission Hills Room, South Tower Level 3

Enjoy SeaWorld
SeaWorld
3 - 7 p.m.

Opening Ceremonies
SeaWorld
7- 9 p.m.

Shamu Show, SeaWorld, 9 - 10 p.m.



Sunday's Bus Schedule

*All buses begin loading at
1:30 p.m.*

Opening Ceremonies at SeaWorld

All teams
Loading: 1:30 p.m.
Depart: 2:45 p.m.
Return: 10:30 p.m.

Medical Room

For life threatening emergencies, call 911.

Medical care is available twenty-four hours a day, every day at the Clinic. The medical room is located in Marriott Hotel, Room 318, Third Floor in the North Tower. A nurse or doctor will be on duty from 7:30 a.m. - 8 p.m. daily. If for some reason the nurse is not in the room, please call (858) 642-1683 or (858) 642-1684.

Host Room

Participants who have questions or need assistance at the hotel should go to the Host Room in the Point Loma Room, South Tower, Level 1. The Host Room is open today from 7 a.m. - 4 p.m. Monday through Friday, hours will be 7 a.m. - noon and 1 - 5 p.m.

Prosthetics and Wheel- chair Repair

There is not going to be a central location for wheel-chair or prosthetic repair at the Clinic. For issues or problems, call the NVSSC general help line (858) 642-1699 and request Prosthetics or Wheel-chair Repair.

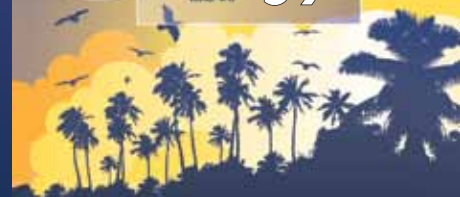
Massage

Massage for Clinic participants will be available Monday through Thursday, 6 - 10 p.m. in the Laguna Room, South Tower, Level 1. Appointments are required, and they can be scheduled beginning at 1 p.m. today by calling (213) 216-4805.

WEATHER

Today
High **80**
Low **58**

Tomorrow
High **75**
Low **59**



*Presented by the
Department of Veterans Affairs*

